

A guide to uncovering the enlightenment already within us • Builds on Buddhist, Hindu, and Taoist wisdom to express the timeless and ever-present nature of enlightenment • Reveals the negative impact of social and cultural conditioning on our psyche and how to counteract this through meditation and reframing our understanding of time • Shows how to uncover the original spontaneous awareness we were born with In this philosophical, psychological, and spiritual exploration of enlightenment, Jason Gregory addresses how to access the original spontaneous awareness we all came into this world with. He exposes the illusion that we must strive to reach enlightenment, uncovering how our yearning for future accomplishments, attachment to the past, and reliance on authority outside the self are social constructs that distract us from the reality of the now. The author explains how our original enlightened nature has been obscured by social, cultural, religious, and egotistical conditioning of the mind caught in time. Building on knowledge from spiritual traditions including Buddhism, Hinduism, and Taoism, Gregory expresses the timeless and ever-present nature of enlightenment. He illustrates how rigid practices and initiations can become a form of spiritual postponement, continually putting off our enlightenment because we feel we are doing something good and noble. To chase enlightenment through spiritual practice is to assume it is a quality bound to time. The author helps us see that we are already what we are seeking--once we understand that existing in this world is itself a miracle beyond words, then the magic and beauty of our world will unfold. In the same way we remember someone's name without thinking about it, we also remember that we are enlightened when we stop searching for the experience. Emerging from the Middle Way of the Buddha, Lao-tzu's Way of the Tao, Yoga, the Great Work of Gnosticism, the Hermetic Art of Alchemy, and quantum physics, Gregory presents a way to the state of consciousness--enlightenment, nirvana, or samadhi--in which eternity and time are one. He shows us how to counteract the negative impact of social and cultural conditioning on our psyche through meditation and reframing our understanding of time. The author explains how meditation in its truest form takes our awareness of nowness from theory to practice. Guiding us away from a time-bound understanding of enlightenment, Gregory shows us how to find ourselves in the stillness of now where the peace you are is the peace you give to the world.

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